



# Tools For Action

A sample of physical education initiatives in Wisconsin

## "Ferber Firebird Fitness"

### Contact Information

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| <b>Main Contact Person</b>    |
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| Physical Education Teacher    |
| <b>School Name</b>            |
| Edna Ferber Elementar         |
| <b>School District Name</b>   |
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### Program Information

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|---|
| <b>Program Name</b>   |
| "Ferber Firebird Fitness"   |
| <b>Program Category</b>   |
| Recess ideas that complement PE class                                 |
| <b>Grade Level</b>  |
| Elementary School (K-2); Elementary School (3-5); Middle School (6-8) |
| <b>Assessment Method</b>  |
| [No Answer Entered]   |

### Program Information

#### Products Developed or Materials Used:

[No Answer Entered]

#### Program Description:

We have a walking/jogging program for students to participate in at recess. They can turn their "shoe" cards in at the completion of every 10 miles. They then get their name up in the hallway. We are working with the PTA to raise money to pave our walking trail. We are close to reaching our goal. Students have the opportunity to participate in "Ferber Walk/Jog Club" held after school in order to reinforce fitness outside of the school day. We also have many students participating in local walk/runs throughout the year and we carry our "Ferber Firebird Fitness Flag" to promote our school when we are participating in the different events.

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at [jon.hisgen@dpi.state.wi.us](mailto:jon.hisgen@dpi.state.wi.us)

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at [brian.weaver@dpi.state.wi.us](mailto:brian.weaver@dpi.state.wi.us)

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

or contact staff at: [Meineam@dhfs.state.wi.us](mailto:Meineam@dhfs.state.wi.us) (Amy Meinen, Nutrition Coordinator)  
[Morgaig@dhfs.state.wi.us](mailto:Morgaig@dhfs.state.wi.us) (Jon Morgan, Physical Activity Coordinator)  
[Pesikme@dhfs.state.wi.us](mailto:Pesikme@dhfs.state.wi.us) (Mary Pesik, Program and Grant Coordinator)